



Click the logo to follow us!

# Healthy Columbus

Employee Wellness Program Newsletter



Nothing  
is impossible.  
The word itself  
says *I'm possible.*



DEPARTMENT OF  
HUMAN RESOURCES

Are you looking for an opportunity that can help you grow professionally or increase your capacity to serve? The City's partnership with Franklin University may be the right solution for you!

Through our partnership, all city employees are eligible for free books and a 20 percent discount toward Franklin University's degree and certificate programs. You can choose from more than 60 associate, bachelor's, master's and certificate programs.

Part of our community for more than 115 years, Franklin University caters to the needs of working adults with flexible online and on-site courses, 24/7 access to resources, dedicated academic advisors and learning services like writing workshops and tutoring. Franklin students benefit from a curriculum that is in-tune with the needs of industry, as well as from instructors, who are in-field practitioners.

With our partnership discount and Franklin's adult-focused approach toward education, you'll earn a high-quality degree that is both affordable and accessible.

Applications are being accepted for summer term. Apply today and you can start classes this May.

For questions about the admission process, contact Franklin University at [partners@franklin.edu](mailto:partners@franklin.edu).



# Citywide Training & Development

THE CITY OF  
**COLUMBUS**  
ANDREW J. GINTHER, MAYOR

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DEPARTMENT OF  
HUMAN RESOURCES

## UPCOMING CLASSES

*May Courses are now available!*

01 – Challenging Negative Attitudes – 830am – 1130am

01 – Performance & Documentation – 830am – 1130am

02 – Typing Basics – 9am – 1130am

02 – Implicit Bias – 9am – 12pm

02 – Implicit Bias – 1pm – 4pm

03 – Being a Team Player – 830am – 12pm

03 – Habit 5: Seek First to Understand – 830am – 1130am

07 – Implicit Bias – 9am – 12pm

08 – Building Self Esteem & Assertiveness – 830am – 1130am

08 – Stop the Bleed – 830am – 10am

09 – Defensive Driving – 12pm – 4pm

09 – Intro to the Opiate Crisis – 1pm – 2pm

10 – Dealing with the Impostor Syndrome – 830am – 1130am

10 – Implicit Bias – 12pm – 3pm

15 – Microsoft Excel Basics – 830am – 1230pm

15 – New Employee Orientation day 1

16 – Microsoft Word Basics – 8am – 1230pm

16 – New Employee Orientation Day 2

17 – “What If” – A Conversation on Diversity – 830am – 1030am

17 – Implicit Bias – 9am – 12pm

17 – Drug Free Safety for Supervisors – 1pm – 3pm

21 – Implicit Bias – 12pm – 3pm

22 – Goal Setting for Success – 830am – 11am

22 – Habit 6: Synergize – 830am – 1130am

23 – Grammar – 830am – 1230pm

## Training Gateway News:

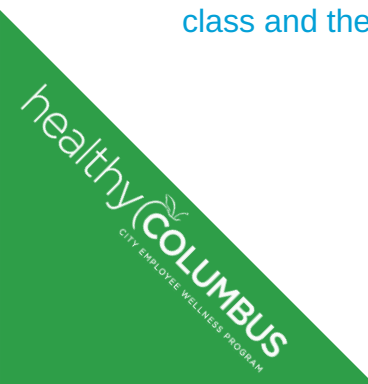
The Training Gateway is now live!!! Login to view all upcoming courses, register for classes and even check your transcript and training history.

Log in now: <https://cityofcolumbus.csod.com>

Click **here** for Training Gateway login instructions & other instruction sheets.

### What this means for you??

no more registration forms – you'll now register online and your manager/supervisor will get notification of your desire to take a class and then go in and approve it. *It's just that simple!*





2018 HC Pound the Ground 5k

## 2018 T-Shirt ---->

*Saturday, May 5th  
9:30 am - Wolfe Park*

Free for all  
employees, friends,  
family, and pets!

One more week to  
register!!



Click the shirt above to register!



# City of Columbus Softball

Summer 2018

healthyCOLUMBUS  
CITY EMPLOYEE WELLNESS PROGRAM

THE CITY OF  
**COLUMBUS**  
OFFICIAL & SUPPORTS  
DEPARTMENT OF

**Co-ed Employee Softball League**

## **Monday, June 4th - Opening Night**

**This 10-week league will be played at Lou  
Berliner Sports Park on Monday evenings!**

Our 4th season of softball is soon approaching and registration as a team or an individual is now open!!

This private co-ed employee league is a time to gather your co-workers, spouse, and adult children to come out and play! The cost is completely free, all you need to bring are cleats and a glove.

Email [BTKimbro@Columbus.gov](mailto:BTKimbro@Columbus.gov) with questions!

Click *here* to register for the 2018 League!

## 2018 Health Screenings

# Get a \$20 Kroger Gift Card when you participate in one of the employee health screening events in 2018!

Health Screenings are provided to all regular City of Columbus employees at no charge (interns and 480s are not eligible to participate). Screenings are performed by a single finger stick and include cholesterol, diabetes, blood pressure, and body mass index. Cholesterol results are adjusted if you ate before your appointment- fasting is optional.

Employees should take all prescribed medications the day of your appointment.

*Kroger gift cards are subject to tax. An employee may get screened and decline their gift card to avoid the tax*



5/3/18 - 77 N. Front Street (8:30am - 11:00am)

5/17/18 - 375 S. High Street (10:00am - 1:30pm)

8/21/18 - 77 N. Front Street (8:00 am - 11:00am)

8/23/18 - 3776 S. High Street (COAAA) (8:00am - 11:30am)

9/19/18 - 240 Parsons Ave (11:00am - 1:00pm)

9/25/18 - 1250 Fairwood Ave (10:00am - 1:00pm)

9/26/18 - 4211 Groves Rd (1:00pm - 3:00pm)

10/2/18 - 240 Parsons Ave (8:00am - 11:30am)

10/4/18 - 910 Dublin Rd (7:30am - 10:00am)

10/9/18 - 1250 Fairwood Ave (1:30pm - 3:30pm)

10/16/18 - 4252 Groves Rd (8:00am - 9:30am)

10/18/18 - 1000 N. Hague Ave (1:30pm- 3:30pm)

10/23/18 - 3639 Parsons Ave (8:00am - 11:30am)

Click the images above to see the full list of screenings

**Real Appeal®** is a digital weight loss program customized to what works for you with up to a year of support.

ALL THIS!  
At no cost  
to you!\*

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CITY EMPLOYEE WELLNESS PROGRAM

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**real**appeal®



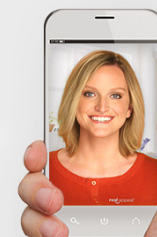
Lasting weight loss  
with all the tools  
you need to succeed

Enroll using a smartphone, tablet or  
personal computer at

**cityofcolumbus.realappeal.com**

\*Real Appeal is available at no cost to eligible employees on our UnitedHealthcare plan with a BMI of 23 or higher.

Plus, your  
very own  
transformation  
coach!







# 2ND QTR

## Group Fitness Classes

# Free for employees!!

**23 on-site group fitness classes are offered  
each week to employees at no cost!**

Adult dependents on the City's health plan are permitted to attend with prior authorization.  
Email [BTKimbro@columbus.gov](mailto:BTKimbro@columbus.gov).

Right Start fitness coaching program is offered at Front Street Fitness. This free program is a great compliment to the group fitness classes. You will meet with an exercise specialist to set and meet your personal fitness goals!

Email Pat to get started - [PLShick@Columbus.gov](mailto:PLShick@Columbus.gov)





Quit For Life® Program



IT COSTS YOU

**NOTHING**

TO JOIN.\* IT COULD COST YOU

**EVERYTHING**

IF YOU DON'T.

With the no-cost Quit For Life® Program, there's nothing stopping you.

- Work with a Quit Coach • No additional cost to enroll\* • Advice, tips and encouragement • Nicotine patches or gum, if you qualify

**PLAN AHEAD AND START YOUR QUIT PLAN THIS NEW YEAR'S.**

**ENROLL NOW**

**[www.quitnow.net](http://www.quitnow.net)**

**1-866-QUIT-4-LIFE**

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CITY EMPLOYEE WELLNESS PROGRAM

\*Provided at no additional cost as part of your benefits plan. Optum is a registered trademark of Optum, Inc. All other trademarks are the property of their respective owners. © 2017 Optum, Inc. All rights reserved. AA00956 69688-102017



# Create Healthy Habits, Not Restrictions.

Don't hesitate to contact us if  
you have any questions!

## The Healthy Columbus Team

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Front Street **FITNESS**  
CITY EMPLOYEE FITNESS CENTER  
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MICHAEL B. COLEMAN, MAYOR